

# Celebrating Mental Health

## PAINT & PRACTICE Gratitude

### MENTAL HEALTH AWARENESS MONTH EVENT



#### Paint

Painting is a wonderful way to relieve stress, express emotions, and practice mindfulness. Join us to paint a rock or two – and if you choose, hide it for someone to find!



#### Gratitude Letter

Sometimes it's hard to remember the good things as time passes. Come write a letter to your future self about the things you're currently grateful for, and we will send it back to you in 6 months. This way you can reflect on the things you have been grateful for.



#### Be Seen in Green

Mental Health Awareness is symbolized using green. Green stands for growth, renewal, and hope. Show your support and get a picture of you in your green!



**MAY 14th**  
**12:00-2:00 PM**

**Hometown Bank Plaza**  
**142 N Water St., Kent**

**RAIN DATE: MAY 21**

Mental Health &  
Recovery Board  
OF PORTAGE COUNTY